

Spicy Peanut Ketchup

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*3/4 cup ketchup
1/3 cup peanut butter
juice of one lime
1 tablespoon harissa or
other chile paste
1/4 teaspoon ground
coriander
1/4 teaspoon smoked
paprika
1/4 teaspoon cinnamon
1/4 teaspoon cayenne.*

In a bowl, mix all of the ingredients.

Refrigerate.

Per Serving (excluding unknown items): 695 Calories; 44g Fat (52.4% calories from fat); 24g Protein; 66g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 2533mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 7 Fat; 3 Other Carbohydrates.